

### **New Elliptical Trainers Approved for PFA Use**

The following elliptical trainers are now approved for official PFA testing:

- LifeFitness 95X Engage
- LifeFitness 95X Inspire
- Precor EFX556i
- Precor EFX576i
- Precor EFX835
- Technogym Excite Synchro 700 VisioWeb+WS+iPod+USB
- Technogym Excite Synchro 700 VisioWeb+iPod+USB
- Technogym Excite Synchro 700 VisioWeb+WS
- Technogym Excite Synchro 700 VisioWeb
- Technogym Excite Synchro 700sp LED+WS
- Technogym Excite Synchro 700sp LED

NOTE: Only assets outfitted with the Naval Health Research Center (NHRC) equation are approved for official PFA use. Authorized ellipticals should be clearly marked as "PFA Approved". If not, please contact your local MWR Fitness representative to verify.

Complete listing of approved ellipticals:

- LifeFitness CT9500
- LifeFitness CT9500HR
- LifeFitness 95XI (Quiet Drive Only)
- LifeFitness 91XI
- LifeFitness 91X / Classic Series (CLSX)
- LifeFitness 95X Engage
- LifeFitness 95X Inspire
- Precor EFX556 NAVY
- Precor EFX556I NAVY
- Precor EFX556I
- Precor EFX576I
- Nautilus E916
- Technogym Excite Synchro 700 VisioWeb+WS+iPod+USB
- Technogym Excite Synchro 700 VisioWeb+iPod+USB
- Technogym Excite Synchro 700 VisioWeb+WS
- Technogym Excite Synchro 700 VisioWeb
- Technogym Excite Synchro 700sp LED+WS
- Technogym Excite Synchro 700sp LED

Complete listing of approved stationary bikes:

- LifeFitness 95Ci / Classic Series (CLSC)
- LifeFitness 95Ci XXL

### **Testing Procedures for Elliptical Trainers**

**Life Fitness CT 9500 HR / Life Fitness 91XI / Life Fitness CT 9500 / Life Fitness 95 XI (Quiet Drive) / Life Fitness 95 XI / Life Fitness 95 XE**

1. Begin pedaling slowly until the machine turns on
2. Select "Manual"
3. Enter body weight
4. Enter level: 1-20
5. Enter time: 14 minutes
6. Begin test
7. At the end of 12 minutes, press "Clear" and record calories burned. It will show up on the display screen in the upper right-hand corner.

**Life Fitness 91X / Classic Series (CLSX)**

1. Begin pedaling slowly until the machine turns on
2. Select "Manual"
3. Enter body weight
4. Enter time: 14 minutes
5. Enter level: 1-25
6. Select "Start"
7. Begin test
8. At the end of 12 minutes, press "Clear" and record calories burned. It will show up on the display screen in the upper right-hand corner.

**Precor EFX556Navy / EFX556iNavy / EFX556i**

1. Begin pedaling slowly until the machine turns on
2. Select "Manual"
3. Select "OK"
4. Select "Time" at the bottom of the display board
5. Use the arrows to set the time: 14 minutes
6. Select "OK"
7. Select "Options" to enter weight/age/sex
8. Begin test
9. Record calories burned at the conclusion of 12 minutes.

NOTE: For assets with an adjustable base, the cross ramp must be set and remain at "4" throughout the 12 min test.

#### **Precor EFX576i / EFX835**

1. Begin pedaling slowly until the machine turns on
2. Use the arrows to set the cross ramp to "5"
3. Select "Manual"
4. Select "OK"
5. Select "Time" at the bottom of the display board
6. Use the arrows to set the time to 14 minutes
7. Select "OK"
8. Select "Options" to enter weight/age/sex
9. Begin test
10. Record calories burned at the conclusion of 12 minutes.

NOTE: The cross ramp must be set and remain at "5" throughout the 12 min test.

#### **Nautilus E916**

1. Begin pedaling until the machine turns on
2. Select "Manual Mode"
3. Enter body weight
4. Enter level: 1-20 then select "Enter"
5. Enter time: 14 minutes then select "Enter"
6. Record calories burned at the conclusion of 12 minutes

#### **Technogym Synchro 700 VisioWeb & SP LED Series**

1. Begin pedaling until the machine turns on
2. Select "Test"
3. Select "2" for "Navy PRT" test
4. Default time is 12 minutes, select "Enter"
5. Enter weight on numeric keypad and select "Enter"
6. Begin test. Adjust resistance with "+" and "-" keys on display or on handles
7. Record calories burned at the conclusion of 12 minutes. This number will remain constant during the cool-down phase

## **Testing Procedures for Stationary Bikes**

### **Life Fitness 95Ci / 95CiXXL / Classic Series (CLSC)**

1. Begin pedaling slowly until the machine turns on
2. Select "Manual"
3. Enter time: 14 minutes; Press "Enter"
4. Enter level; Press "Enter"
5. Begin test
6. At the end of 12 minutes record the number of calories burned

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**CT9500**



**CT9500HR**



**91X, 91Xi, CLSX  
(Previous Version)**



**CLSX  
(Current Version)**



**95Xi  
(Quiet Drive Version 1.7)**



**95Xi Inspire**



**95Xe Engage**

**PRECOR**



**EFX576i**



**EFX556i**



**EFX556 Navy /  
EFX556i Navy**

**TECHNOGYM**



**Synchro 700SP LED (Series)**



**Synchro 700 VisioWeb (Series)**

**Nautilus**



**E916**

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**95Ci**



**95Ci / CLSC  
(Previous Version)**



**CLSC  
(Current Version)**



**95Ci XXL**